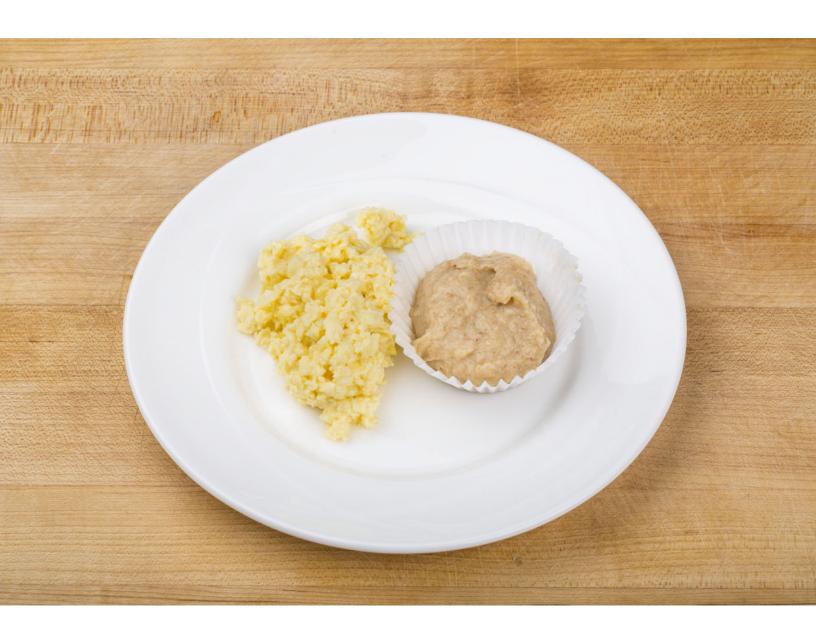


Poached Egg & Bran Muffin









Purée

Poached Egg & Bran Muffin

Recipe Items:		1 Portion	5 Portions
PE Original Bread Pudding (PE#21761)		#16 Scoop (60 gm)	300 gm (10.5 oz)
Molasses (smooth) or Pureed Stewed Prunes		½ tsp (3ml)	15 ml (1 Tbsp)
Scrambled Eggs		#12 Scoop (75 ml)	400 ml (13.5 fl oz)
Nutritional analysis presented contains only these ingredients			1 cm chub slice = approx. 40gm, 1" chub slice- approx. 100gm
	refrigerato 48 hrs. Hot Servio Essentials	rozen products in or for a maximum ce - Heat Puree s food to a minimum are of 71°C or 160°F	Nutrition Facts Valeur nutritivePer 1 each (143g) / par 1 each (143g)Amount% Daily Value TeneurTeneur% valeur quotidienneCalories / Calories210Fat / Lipides13gSaturated / satures5g + Trans / transYear 10Year 10Cholesterol / Cholesterol220mg
	Original B (3 ml) of s	S Scoop (60 gm) of PE read Pudding with ½ tsp mooth molasses. a paper muffin cup for	Sodium / Sodium 370mg15%Carbohydrate / Glucides17g6%Fibre / Fibres less than 1g3%Sugars / Sucres10gProtein / Proteines9gVitamin A / Vitamine A5%Vitamin C / Vitamine C0%Calcium / Calcium8%Iron / Fer10%
		12 Scoop (75 ml) of scra muffin cup beside the se	mbled egg on a plate. Place rving of scrambled egg.

Optional - garnish scrambled eggs with ketchup drop.

